



**LIFE
HAPPENS**

Rate each statement 1-5 (1 = strongly disagree, 5 = strongly agree).

- I could live without meat. 1
- Loud talking early in the morning ruins my day. 1,5
- A steady job is more important than money in the bank. 5
- Cell phones save time more than they waste time. 3
- Shopping malls are essential for social life. 1
- Cars create more problems than they solve. 1

Discuss: Which statement got the most 4s and 5s for you? Any surprises?

hectic = agitado, ocupado

Use the words to complete the sentences.



- I used to have a sedentary lifestyle, but now I exercise three times a week.
- She is trying to acquire new habits like stretching in the morning.
- He decided to leave his old habits behind after the health scare.
- Moving to a smaller city was a change for the better.
- Do you really want to keep leading such a hectic life?
- Switching to an active lifestyle boosted my energy.

Check the arguments that might make you consider becoming a vegetarian.

- Vegetarian diets are healthier.
- Vegetarian diets are less expensive.
- Vegetarian diets are more planet-friendly.
- Raising or killing animals for food is cruel.

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What are the chances of you becoming a vegetarian?

Did you know there are different kinds of vegetarians? Match and find out.

- | | | |
|-------------------------|----------------|--------------|
| a) vegan | b) raw vegan | c) frutarian |
| d) ovo-lacto vegetarian | e) flexitarian | |

- A person who eats vegetarian food mainly, but can eat meat on occasion.
- A person who does not eat or use any animal products.
- A person who does not eat meat, but consumes eggs, milk and dairy products.
- A person who eats foods that are not animal products and are not cooked.
- A person who eats fruits only.